

CKD Kidney Konnectors

Are you new to Kidney Disease and living in South East and West Wales? We run an educational Kidney Café to help you understand treatment choices, diet, exercise, medication and much more. Meet others like you and learn from the experts who are here to help you. This Kidney Café is in collaboration with health care professionals to provide expert information and support for people who are newly diagnosed.

"You are not alone".

To find out more, please get in touch via our contact details on this page.

Post Transplant Kidney Konnectors

This is an educational support group for those who have just had a transplant. They run in Swansea, Cardiff and North Wales.

To find out more, please get in touch via our contact details on this page.

PHYSICAL WELLBEING

Exercise for Health (E4H)



Do you like to walk a little or a lot? Do you swim, cycle,

participate in yoga, go to the gym or do any form of exercise? Would you like to take part in some form of exercise and don't know where to start? Would you like to do this with others like you? People with kidney disease throughout Wales?

This group meets virtually and face to face.

To find out more, please get in touch via our contact details on this page.



Transplant Games

The Transplant Games are inclusive to all abilities and there is an event for everyone! We at Popham Kidney Support are very pleased to support Tim Transbland Cymru!



To find out more, please get in touch via our contact details on this page.

CHILDREN AND YOUTHS WITH KIDNEY DISEASE

Transition Youth Program

This is an educational program for children and youths between 13 to 18 years of age living in South East and West Wales. It is designed to provide resources to help you transition to adult services with ease.

To find out more, speak to your team at Children's Kidney Centre, University Hospital Wales or get in touch via our contact details on this page.

To access any of our support services or to find out more information, please get in touch with us by phone, email or through our website:

Popham Kidney Support

11 Tawe Business Village, Enterprise Park, Llansamlet, Swansea SA7 9LA

Call us: **0333 2001 285**

support@pophamkidneysupport.org.uk

pophamkidneysupport.org.uk

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Registered Charity No: 1160114

POPHAM KIDNEY SUPPORT

Our Services



Who we are?

Popham Kidney Support supports children, youths and adults with kidney disease in Wales and their family members and/or carers to lead a better quality of life.

By improving their:

- emotional wellbeing
- financial wellbeing
- physical wellbeing
- knowledge through education

Please find full details of services available inside.

you are not alone



What we can offer you...

EMOTIONAL WELLBEING

Peer Support Service



Popham Peer Support (PPS) Service is a free service,

facilitated by our Patient Services Co-ordinator (PSC) and supported by our team of Popham Peer Mentors (PPM) who are people living with kidney disease, family members/carers, they have extensive experience of kidney disease, treatments and coping techniques. Our PPM's are fully trained to enable them to provide information and support for a range of topics/queries for all effected by Kidney disease in Wales. PPM's can provide 'one to one', group support (via various Kidney Cafés), they visit dialysis units in Wales to support patients whilst they receive their treatment and also give help and advice over the phone - **"You are not alone"**

To access the service, get in touch via our contact details overleaf. If emailing, please include your **Name, Address, Telephone Number** and let us know if you are a patient, family member or carer.

You should also give us a password that our PSC can say at the start of the call. This is to give you peace of mind you know you are speaking to Popham Kidney Support.



Counselling Service



Our counselling service is free and available for those (patients/

families/carers) who need a little extra support. Our counsellors provide confidential counselling sessions face to face, over the phone or via video call.

To access the service, get in touch via our contact details overleaf. If emailing, please include your **Name, Address, Telephone Number, an emergency contact** and let us know if you are a patient, family member or carer.

We'd also like to know if you have received counselling before or is this the first time.

Lastly, give us a password that our PSC can say at the start of the call. This is to give you peace of mind you know you are speaking to Popham Kidney Support.

Kidney Café's

Kidney Café's are run by our Popham Peer Mentors for people who are living with kidney disease and their families or carers in local communities.

These are informal 'face to face' support groups, an opportunity to come along for a cuppa and a chat, supported by trained peer mentors.

Currently we have local Kidney Café's in the following communities:

Maesteg: 1st Monday of every month.

Swansea: 2nd Monday of every month.

Wrexham: 1st Wednesday of every month.



Parents & Carers Kidney Café

This is a group to help parents and carers of children with kidney disease to learn from and support each other.

"You are not alone"

Come along we would love to meet you. Feedback from someone who attended a local Kidney Café:

"To hear from people who had been through the journey and those recently diagnosed who shared similar fears and concerns going forward and the re assurance offered by those who had gone through it"

To find out more please get in touch via our contact details overleaf.

Kidney Crafters



This is a kidney supportive group for those who love to craft.

The aim is to promote mental wellbeing and self-care through crafting, whilst providing an opportunity to connect and join likeminded people in a creative and supportive environment. Kidney Crafters usually meet monthly online.

To find out more, please get in touch via our contact details overleaf.

FINANCIAL WELLBEING

Welfare Grants and Advice



Our grants provide financial assistance for essential

personal, and household needs to help people, children and youths with kidney disease on low incomes. We offer Grants of up to £150 which can be used to help purchase aids that you may need in your home, supermarket food vouchers and

also help to pay energy bills when in crisis. The committee will review any request and award more than £150 for exceptional circumstances.

Application forms are available on our website.

Popham Kidney Support can also offer benefit advice and debt management help.

IMPROVING KNOWLEDGE

Patient Services Co-ordinator

Our Patient Services Co-ordinator is here to help you gain the information you need to help you make informed decisions and help you gain access to support and services that will help you and your family.

To find out more, please get in touch via our contact details overleaf.

INFORMATIONAL GROUPS TO SUPPORT YOUR INDIVIDUAL NEEDS

Kidney Konnectors



Kidney Konnectors Support Groups are run in

partnership with our health board kidney teams and or other organisations. The aim is to meet 'face to face' informally, away from the clinic setting. This is an opportunity for patients, their families or carers to connect together and find out more information about the foundations of kidney disease and/or it's treatments. Health care professionals will be in attendance to answer questions as well as our Popham Peer Mentors who will share any 'top tips' as they have the lived experience of kidney disease and the various treatments.

To find out more please get in touch via our contact details overleaf.